Patient-Focused Technology-Enabled Programs Improve Experience and Outcomes In Primary Total Hip (THR) And Knee Replacement (TKR) Surgery

Higgins M, Jayakumar P, Dekker A, Millinship F, Drury G, Baylem C, Westbrook A

BACKGROUND & METHOD
A program including patient focussed health advice and multi-media technology aimed at improving patient engagement in primary THR and TKR was assessed. Data on a consecutive series of 2389 THR (n=1130) and TKR (n=1259) was collected; retrospectively for a pre-program cohort (n=1483) and prospectively for a post-program cohort (n=906). Service-level and clinical outcomes were acquired in all patients, whilst a smaller cohort (n=280) completed a bespoke patient experience survey.

RESULTS

Conclusions

Significant reductions were observed in LoS (THR 6.2d to 5.5, p=0.0071; TKR 6.6 to 5.2; p<0.0001) and delayed discharge rate (THR 69.1% to 62%, p=0.0085; TKR 72% to 57.2%, p<0.0001) with a numerical reduction in 30-day readmission rate, 60-day complication and reoperation rate. Significantly larger improvements were also seen in OKS and EQ5D in patients following TKR. This approach can be applied to established clinical pathways to enable the development of a patient-focused ERAS pathway that strives to engage and empower patients, while delivering superior clinical outcomes and reducing length of stay.